

## Daily Affirmations- May, 2018

**Affirmations** are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

**Affirmations** have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

**Affirmations** support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

**Affirmations** are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Tue	May	1 <sup>st</sup>	You are fearfully and wonderfully made.
Wed	May	2 <sup>nd</sup>	Only look down at someone when you are helping them up.
Thu	May	3 <sup>rd</sup>	I will make one change in my life today.
Fri	May	4 <sup>th</sup>	Never stop trying to be better than what you are.
Sat	May	5 <sup>th</sup>	Even when things don't go right, even when things go left and you cant fight,
Sun	May	6 <sup>th</sup>	stay positive because this too shall pass.
Mon	May	7 <sup>th</sup>	Today you are you. It is truer than true. There is nobody alive that is truer than
Tue	May	8 <sup>th</sup>	Know you are worthy and never look back.
Wed	May	9 <sup>th</sup>	Stay optimistic and believe. Everything will work in your favor.
Thu	May	10 <sup>th</sup>	When you look for the beauty in life, everything becomes beautiful.
Fri	May	11 <sup>th</sup>	True beauty is on the inside.
Sat	May	12 <sup>th</sup>	Be kind to yourself.
Sun	May	13 <sup>th</sup>	Just keep moving.
Mon	May	14 <sup>th</sup>	Smile, it doesn't hurt :)
Tue	May	15 <sup>th</sup>	God finds you worthy to love. You can love you too.
Wed	May	16 <sup>th</sup>	Pray for my children and me.
Thu	May	17 <sup>th</sup>	To err is human.
Fri	May	18 <sup>th</sup>	It takes the rain and the sun to make a rainbow.
Sat	May	19 <sup>th</sup>	This too shall pass.
Sun	May	20 <sup>th</sup>	Fight one battle at a time.
Mon	May	21 <sup>st</sup>	Take one day at a time.
Tue	May	22 <sup>nd</sup>	Make one step at a time.
Wed	May	23 <sup>rd</sup>	Change one choice at a time.
Thu	May	24 <sup>th</sup>	I may not be where I want to be but am far from where I was.
Fri	May	25 <sup>th</sup>	Change does not happen over night.
Sat	May	26 <sup>th</sup>	I am fearfully and wonderfully made.
Sun	May	27 <sup>th</sup>	Today I choose to live.
Mon	May	28 <sup>th</sup>	If you do what you've always done, you'll get the results you've always gotten.
Tue	May	29 <sup>th</sup>	Everyone has feelings.
Wed	May	30 <sup>th</sup>	Let go and Let God.
Thu	May	31 <sup>st</sup>	Smell the flowers.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.  
One Day at a Time.